

- Dining Venues
- BDR Bay Dining Room
  - BOG Back of Grill
  - OTG Oak Tree Grill
  - SC Sandhill Cranes
  - SHV Sandhill Veranda
  - SP The Scoop
  - TTL Tree Top Lounge
  - Lester R. Barker Center
  - AUD Auditorium
  - BC Barker Center
  - BCD Barker Center Deck
  - BR Board Room
  - CL Card Lounge
  - MR Music Room
  - PP Ping Pong Room
- Other Venues
- BIL Billiards Room
  - CH Chapel
  - CD Communications Desk
  - CAR Creative Arts Room
  - FC Fitness Center
  - GP Gathering Place
  - GS Corner Gift Shop
  - LFV Lake Fountain Vista
  - MO Majestic Oaks
  - MRL Main Reception Lobby
  - OP Oak Park
  - OVS Oak View Suites
  - PC Potpourri Corner
  - GP Gathering Place
  - TS The Studio
  - MC Main Reception Clinic
- Outside Venues
- CB Central Bark Dog Park
  - PAV Pavilion
  - SS Sportsplex
  - Jerry Jaques Clubhouse
  - BL Bistro Lounge
  - MPR Multi-Purpose Room
  - PB Pickleball Courts
  - PD Pool Deck
  - PS Pro Shop
  - CBR Clubhouse Conference Room
  - CFC Clubhouse Fitness Center
  - CYS Clubhouse Yoga Studio
  - JJC Clubhouse
  - JJP Clubhouse Pool
  - JJR JJ's Restaurant

**Portal Help:** X1202  
**Email:** JKVhelp1@gmail.com

**JKV Portal:**  
 www.community.cubigo.com

**IMPORTANT PHONE NUMBERS**  
 386-775-3840

Intra-Village  
 Transportation X5000  
 Security X8014 (or 0 after 5 p.m., weekends & holidays)  
 Resident Services X1202

**MARKETING DEPARTMENT**  
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All content submitted for any John Knox Village publication including, but not limited to *Village Life*, *Village Weekly*, and Knox TV are subject to editing for grammar, spelling, punctuation, length, content, and style by the publication's editor. If major corrections to content and style are made, the article will be returned to the author for approval. Corrections made to length, grammar, spelling, and punctuation will not be returned for approval by the author.

## Knox-TV - Sentric Channel 5:

All LIVE programs such as Chat with Joe and Coffee With will replay on the following Friday, Monday, and Wednesday at 3 p.m. after its original air date.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 a.m.		Exercise Video	Exercise Video				
11 a.m.		Balance & Stretch	Tai Chi	Balance & Stretch	Tai Chi	Balance & Stretch	
1 p.m.			Fitness Dancing		Fitness Dancing		
2 p.m.		Sr. Fitness with Talina					
6:45 p.m.	Vespers (L)						

### Happy March, JKV Fitness!

Our goal is to reach 500+ class attendees—let's make March strong. This month's challenge: invite and bring neighbors to classes or the fitness center. The resident who brings the most participants will win the final first-quarter fitness prize. (Reminder: all participants must have a medical release form on file with Talina.)

#### Important Updates:

DrumFit moves to Wednesdays at 10:30 a.m. starting March 4 (trial schedule).

It's time to start preparing for the 2nd Annual JKV Fitness Triathlon in April (date TBD). Submit teams (bikers, walkers, swimmers) by March 23.

We're voting on Aqua Fit at 1 p.m. (Tuesday or Thursday). A minimum of 10 weekly participants is required to continue. Submit your vote by March 23 to ahendrickson@johnknox.com or call ext. 1250.

Reminder: The Marketing Fresh Air Fair is Friday, March 6 from 11 a.m.– 2 p.m. in the Clubhouse parking lot. No fitness classes will be held that day.

Let's spring into fitness and make March our best month yet—thank you for your continued support!

## Support Groups

### Grief Support

Tuesday, March 10, 2 p.m. BDR

### Caregiver Support

Tuesday, March 17, 2 p.m. BDR

### Memory Impairment Support:

Tuesday, March 24, 2 p.m. BR

### Parkinson's Support

Tuesday, April 7, 2 p.m. BR

### Diabetes Support

Thursday, April 23, 2 p.m. LfV

### Visually Impaired Support

Monday, April 27, 2 p.m. BDR

### Chronic Pain & Fatigue Support:

Tuesday, May 26, 1 p.m. BR

**For inquiries on the Support Groups contact: Sarah Tracey X2707**

If you have to cancel any performances or any purchased events after the deadline date, please contact Resident Services at X1202. Tickets are ordered on the deadline date and are non-refundable. You will be charged for the ticket on or within two business days of the deadline date. Bus charges will only be charged after the event. You are responsible for your ticket unless a wait list resident agrees to take the ticket. Ticket prices are subject to change. If you are not at the Barker Center prior to the departure time (recommended 10 minutes prior), the bus will not wait. The Resident Services department will send an email or make a phone call reminder approximately 24-48 business hours prior to the event. All ticket prices include transportation. Special request or accommodations need to be included upon sign up.

### Learn Meditation with Melissa Simpson

Tuesday, March 3, 1 p.m. Chapel **FREE**

Picture your life free from stress and anxiety. Imagine waking up each day feeling calm, centered, and filled with peace and joy. Through meditation, millions have discovered a simple yet powerful way to replace stress with deep relaxation and lasting happiness. Join us, no experience needed. Sit comfortably and relax. Take a step toward a calmer, brighter you. Your journey to inner peace starts here.

### Spiritual Life Library

For the month of March, the Spiritual Life Library is featuring books by award-winning Lynn Austin. This will be kicked off by a movie from her book Hidden Places to be shown in Barker Center Saturday, February 28 at 1 p.m.

### Saturday 1 p.m. Movie Matinees

**March 7 - Disney's Aladdin**  
**March 14 - The Seventh Stream**

# Village Weekly

March 1 - 7, 2026



**John Knox Village**  
 of Central Florida

### This Week's Featured Entertainment!

#### Greg Parnell Entertainment Music from the Great American Songbook

Monday, March 2, 7 p.m. AUD \$10 Join the Greg Parnell group for an unforgettable evening celebrating *The Great American Songbook*—a treasured collection of timeless American standards from the early 20th century. Featuring iconic works by legendary composers such as Duke Ellington, Richard Rodgers, as well as Alan and Marilyn Bergman. These songs have shaped the golden age of jazz and popular music with their unforgettable melodies and poetic lyrics. Adding an international flair to the program, the group will also perform beloved French classics inspired by Édith Piaf and Sidney Bechet, bringing touches of Parisian romance and Gypsy jazz swing to the evening.

#### Don Soledad and Flamenco Dancers

Friday, March 6, 7 p.m. AUD \$5 "Echoes of España" Evokes the deep historical and cultural roots of flamenco throughout Spain. "A Flamenco Tapestry" metaphorically describes the weaving together of various dance forms and regional influences.



The residents of assisted living have painted beautiful butterfly art. Stop by Oak View 200 hall near the Creative Arts Room to see their work.

If you have borrowed centerpieces from the Tree Top Lounge, please return them as soon as possible.

## What's Happening This Week?

### Sunday, March 1

- 4 p.m. **PB** Pickleball
- 6:45 p.m. **AUD** Vespers  
 Speaker: Deacon Jim Ferruzzi  
 Music: Vespers Choir,  
 Reggie May, Bonnie Biedermann,  
 and Kathy Hinckley

### Monday, March 2

- 8 a.m. **TC** JKV Tennis - All levels are welcome!
- 9 a.m. **SS** Shuffleboard
- 9:30 a.m. **AUD** Beginner Line Dancing
- 10 a.m. - 11:30 a.m. **AUD** Line Dancing
- 10:30 a.m. - 12 p.m. **PC** Spiritual Deepening
- 11:30 a.m. **BDR** Let's Get Together Table
- 1 p.m. **CL** Duplicate Bridge
- 2 p.m. **TS** Gary Sisco's Fine Arts Oil Painting - beginners to advanced. Individualized instruction \$10 (quarterly)
- 7 p.m. **AUD** Greg Parnell Entertainment - Music from the Great American Songbook \$10

### Tuesday, March 3

- 8 a.m. **PB** Pickleball
- 8:30 a.m. **PP** Ping-Pong
- 9 a.m. **BUS** Shopping - Call X3400 to sign up
- 9 a.m. **BIL** Men's Billiards
- 9 a.m. **CYS** Tai Chi
- 11 a.m. **CH** Episcopal Communion
- 1 p.m. **AUD** Great Decisions brought to you by Rita Lucey - U.S. Engagement of Africa
- 1 p.m. **OVS** Time-Out Tuesday \$20
- 1:30 p.m. **CL** Open Door Bible Study (First & Third Tuesdays)
- 2 p.m. **TS** Tuesdays at Two with Shelley McGarry
- 4 p.m. **TTL** Trivia

### Wednesday, March 4

- 8-9 a.m. **CH** Weekly Prayer Time
- 9 a.m.- 4 p.m. **MC** Hearing Aid Specialist - X2710
- 9:30 a.m. **TS** Card Making with Liz \$3 (cash paid to instructor)
- 9:45 a.m. **AUD** Butterfly Lady **CANCELED**

### Wednesday, March 4 - CONTINUED

- 10 a.m. **PP** Ladies' Ping Pong
- 11:15 a.m. **MPR** Ladies Luncheon \$16.95
- 1 p.m. **AUD** Bible Study
- 1 p.m. **CL** Hand, Knee, & Foot - New players welcome
- 3 p.m. **TS** Quilters Group (2nd & 4th)
- 3 p.m. **AUD** Vespers Choir Practice
- 4 p.m. **PB** Pickleball
- 4:30 p.m. **TTL** Music with Joel
- 7 p.m. **AUD** BINGO Night

### Thursday, March 5

- 8 a.m. **PB** Pickleball
- 8:30 a.m. **PP** Men's Ping-Pong
- 9 a.m. **BIL** Ladies' Billiards
- 9 a.m. **CYS** Tai Chi
- 9 a.m. **BUS** Shopping - Call X3400 to sign up
- 9 a.m. **TS** Knitters and Stitchers
- 1 p.m. **CL** Mah Jongg
- 2:30 **CFC** Move to Motion
- 3 p.m. **AUD** Roseborough Travel Presentation **FREE**

### Friday, March 6

- 8 a.m. **TC** JKV Tennis - All levels are welcome!
- 9 a.m. **SS** Shuffleboard
- 9:30 a.m. **CL** Samba
- 10 a.m. **SS** Croquet
- 11 a.m. **JJ's** Fresh Air Fair brought to you by Marketing
- 1 p.m. **CL** Cribbage - New players welcome
- 6:15 p.m. **BUS** Orlando Philharmonic Orchestra presented at St. Luke's Lutheran Church in Oviedo \$5
- 7 p.m. **AUD** Don Soledad and Flamenco Dancers \$5

### Saturday, March 7

- 8 a.m. **PB** Pickleball
- 8:30 a.m. **CL** Eyeglass Adjustments **FREE**
- 8:30 a.m. **PP** Ping-Pong
- 11 a.m. **CH** Catholic Holy Rosary
- 1 p.m. **AUD** Saturday Movie Matinee - *Disney's Aladdin*

**Please see the 2025 Medical Tax Deduction letter inserted in the Weekly.**

# Events & Activities

Please note: You will be charged for the in-house cost of activities if you cancel anytime after 12 p.m. the day before the event. Registration for new events opens the following Monday after distribution at 9 a.m. on Cubigo.

**AdventHealth Presentation - Colorectal Surgery**  
presented by **Dr. Huy Hoang, MD**  
Monday, March 9, 2 p.m. AUD

**Poetry & Prose**  
Monday, March 9, 12:30 p.m. LfV

**Great Decisions brought to you by Rita Lucey**  
Tuesday, March 10, 1 p.m. AUD **FREE**

Join Rita for the last presentation of the Great Decisions series followed by a discussion on the topic. The topic is: The Future of Human Rights and International Law. The Foreign Policy Association has been around for over 100 years and serves as a catalyst for developing awareness, understanding, and informed opinions on U.S. foreign policy and global issues.

**An Evening of Celebration**

Tuesday, March 10, 4:30 p.m. MPR \$17.25   
Menu can be found on the back of the *Weekly Menu*.  
If you have a group that you'd like to sit with, contact Resident Services at residentservices@johnknox.com after signing up on Cubigo.

**Nature Walkers**

Wednesday, March 11, 9:30 a.m. BUS \$3   
Join the group as they head to the Birds of Prey Museum in Maitland (\$9 cash paid to host for museum entrance) then lunch at Cracker Barrel in Sanford.

**George and Martha Washington: A Love Story Presented at DeBary Hall**

Thursday, March 12, 5:30 p.m. BUS \$3   
Step back into the founding days of America and experience history through the lens of romance, partnership, and resilience in George and Martha Washington: A Love Story—a captivating live portrayal of the nation's first presidential couple. Local actors Bill and Cara Elder bring warmth, depth, and authenticity to their portrayals of George Washington, founding father and first President of the United States, and Martha Washington, his devoted wife and trusted confidante. Through engaging storytelling and vivid character interpretation, the program offers audiences an intimate look at the personal relationship behind one of the most influential partnerships in American history.

**Joseph Goldovitz Entertainment**

Thursday, March 12, 7 p.m. AUD **FREE**   
Joe Goldovitz is a guitarist and vocalist that has performed locally in central Florida, the USA and internationally. The other players in the ensemble are also performers that have played locally and with internationally acclaimed orchestras. The ensemble includes bass, guitar, keyboard, saxophone, flute and drums. The quartet will perform top 40 hits from the 50s, 60s and 70s. You will want to dance and sing along with hits we are all familiar with.

**Digital Drop-In with JKV IT**

Thursday, March 12, 2 p.m. MPR   
Need help with your tablet, phone, or other electronics? Our JKV IT is here to help.

**Life on a Submarine with Rich Lewis and Bill Bolger**

Friday, March 13, 10 a.m. AUD **FREE**   
Bill Bolger ETCS(SS) and Rich Lewis EMC(SS) invite you to join them for some "scuttlebutt" as they dive into life aboard United States "Cold War" Submarines.

**Spring Fling Dance with music by the Ssnakekeyz**

Friday, March 13, 7 p.m. AUD \$20   
Welcome the beauty and renewal of spring at our Spring Fling

CONTINUED: Celebration! This cheerful event will feature a delicious seasonal menu, uplifting music by the Ssnakekeyz, and the opportunity to gather with friends and neighbors to celebrate the warmer days ahead.

**GATs Lunch Outing**  
Monday, March 16, 11:30 a.m. BUS \$5   
The group will be having lunch at Millie's Restaurant in Daytona Beach.

**Dave Capp Project Entertainment**

Monday, March 16, 7 p.m. AUD \$5   
For over 20 years he has been a professional saxophonist who has performed at hundreds of venues throughout Central Florida. "The Dave Capp Project", encompasses a wide variety of musical genres featuring amazing musicians and world class vocals.

**Happy St. Patrick's Day!**

Tuesday, March 17, ALL DAY

**Men's Lunch Bunch**

Tuesday, March 17, 11:30 a.m. PD \$16   
Menu is available on the back *Weekly Menu*.

**Residents' Council Quarterly Report**

Tuesday, March 17, 2:30 p.m. AUD

**Board of Directors' Quarterly Report**

Tuesday, March 17, 3:30 p.m. AUD

**Chat with Joe**

Wednesday, March 18, 9:30 a.m. AUD

**Chef's Table**

Wednesday, March 18, 4:30 p.m. JJ's \$50   
Menu can be found on the back of the *Weekly Menu*.

**Cubigo College with Shannon Finley**

Thursday, March 19, 9:30 a.m. AUD

**Mark Holley Entertainment**

Thursday, March 19, 2:30 p.m. AUD **FREE**   
Relive the 1920s to the 1980s as vocalist Mark Holley takes us on a musical journey featuring songs made famous by singers Frank Sinatra, Nat King Cole, Ray Charles, The Temptations, The Drifters, Tony Bennett, Elvis Presley, and more.

**Parks and Lunch**

Friday, March 20, 9:30 a.m. BUS \$5   
This month the group will be walking the Palm Island Park and then enjoying lunch at Pisces Rising in Mt. Dora.

**Luck of the Paw Pet Party and Lunch**

Saturday, March 21, 11 a.m. PAV \$12   
Enjoy a lunch with your four-legged lucky charms. Your lunch will include corned beef and cabbage, potatoes, and shamrock cookies. Homemade shamrock cookies for your pup will also be included.

**AARP Driving Course taught by David Jaspan**

Monday, March 23 AND Tuesday, March 24 from 9:30 a.m. - 12:30 p.m. MPR   
Become a safer, more confident driver! You could also save on auto insurance with the AARP Smart Driver™ on-line course. In fact, 91% of participants surveyed redeemed their course certificate for a discount. And you may learn something new along the way. An evaluation of the course found that 97% of participants reported improving at least one driving behavior after taking the course. \$20 for AARP members \$25 for non-members (Paid by checks only)

Due to limited space in the *Village Weekly*, majority of the information on events/activities can be found on Cubigo with detailed information, pictures, and even links about our events and activities. Just head to the Activities Cube, and select the Event Calendar.

**Steve and Justin Roman Entertainment**

Monday, March 23, 7 p.m. AUD **FREE**   
Steve and Justin Roman, father and son duo, have been performing together for 12 years on many stages all over Florida. Steve Roman is a Sammy Davis Jr. impersonator and has traveled all over the country bringing to you the music of the Rat Pack era. When Steve is not impersonating Sammy, he brings a very versatile performance with a little bit of comedy, dance, and music from the 50s, 60s and 70s. Justin gravitated to the music of Frank Sinatra since the age of three years old and has been singing his music since. Justin's stage presence and mannerisms bring you Frank Sinatra in his younger years.

**AARP Presentation on Caregiving Brought to you by LILI**

Monday, March 23, 2 p.m. AUD

**ChatGPT Workshop with Jim Goldschneider**

Tuesday, March 24, 1 p.m. JJCR   
A Hands-On Workshop: Getting Real Results from ChatGPT  
Stop asking random questions. Start running real projects.  
Many people have tried ChatGPT - few people know how to use it well.

**Wine Tasting**

Tuesday, March 24, 4 p.m. MPR \$10

**Coffee With Sheila Joseph (Clinical Dietician)**

Wednesday, March 25, 9:30 a.m. AUD

**Chef's Cook-Off - Bloomin' Into Spring**

Wednesday, March 25, 4:30 p.m. \$16   
Menu can be found on the back of the *Weekly Menu*.

**Fran Darms - Orange City Commissioner Presentation**

Thursday, March 26, 1 p.m. AUD

**Top Tier Diners - 31 Supper Club**

Thursday, March 26, 4 p.m. BUS \$5

**The Vocalitas Entertainment**

Thursday, March 26, 7 p.m. AUD \$5   
This bilingual Florida based female vocal trio will dazzle you with the sounds of the swing era and mid-century merriment fused with the popular hits of today. Their modern jazzy, close harmony style is influenced by the likes of Post Modern Jukebox, The Puppini Sisters and classic vintage girl trios of past eras.

**SEA LIFE Orlando Aquarium and Madame Tussauds Orlando Wax Museum in Orlando**

Friday, March 27, 11 a.m. BUS \$30   
SEA LIFE Orlando Aquarium offers a chance to explore an underwater world full of a variety of animals such as sharks, stingrays, axolotls, moray eels, sea turtles, seahorses, a large variety of tropical and local Florida fish and much more! AND Madame Tussauds Orlando is a wax museum featuring figures from history to pop culture today. With over 80 figures, there is something for everyone and unlike other wax museums, this museum's figures are not behind barriers (in most cases) which allow you to get up close for special photos. **Sign up Deadline: Friday, February 27**

**Game Night**

Friday, March 27, 7 p.m. AUD **FREE**   
Grab your cards or even your board games and we'll provide light snacks and refreshments. This night is intended for you to play new games, meet new neighbors, have laughs and fun.

**Hearing Aid Specialist - Fred Gilliam**

Monday, March 30, 1-4 p.m. AUD   
Fred will be doing free, 10-minute hearing screenings and an otoscope hearing exam. You can sign up for an appointment on Cubigo every 30 minutes.

**Joe Gilibert Entertainment**

Monday, March 30, 7 p.m. AUD **FREE**   
From 1994 to 2011, he performed regularly on the New York City and New Jersey jazz circuit, appearing at renowned venues such as Minton's Playhouse, Lenox Lounge, and St. Nick's Pub. During this time, he studied and performed under the tutelage and mentorship of Andy McCloud III in New York City and Sal Ciccone throughout New Jersey. Between 2006 and 2011, he expanded his performance schedule to include New York City as well as the Orlando and Miami areas, working under the mentorship of Frank Vardaros. Since 2013, he has been performing throughout Central Florida with his quintet, the Joe Gilibert Quintet.

**Patsy Pond Sunday Piano Playing**

Every third Sunday from 11 a.m. - 12:30 p.m. JJ's  
Enjoy classic piano playing from Patsy Pond during brunch at JJ's on Sunday. Patsy has been playing the piano all her life and has a love and passion for music.

**Card Making with Liz**

Wednesday, April 1, 9:30 a.m. TS \$3   
(cash paid to instructor)

**Butterfly Lady**

Wednesday, April 1, 9:45 a.m. AUD **FREE**

**Ladies Luncheon**

Wednesday, April 1, 11:15 a.m. MPR \$16.95   
Join us for a chance to chat, laugh, learn, and eat.

**Passover Seder Dinner**

Wednesday, April 1, 4:30 p.m. MPR \$22   
Begin the evening with a bowl of Matzo ball soup and JKV Chopped Salad, notify Resident Services with your entree choice of either roasted chicken, salmon with dill sauce, or beef brisket. Sides will include asparagus, roasted red potatoes and bread on the table.

**Ginger! Entertainment**

Thursday, April 2, 3 p.m. AUD **FREE**

**Good Friday**

Friday, April 3, ALL DAY



# Concerts & Theatre

**Greg Parnell's Orlando Jazz Orchestra**

Presented at Orlando Lutheran Towers in Orlando  
Sunday, March 15, 1:30 p.m. BUS \$5

Registration **CLOSED** for the following shows:

**The Play That Goes Wrong**

Presented at Wayne Densch in Sanford  
Saturday, March 14, 12:45 p.m. BUS \$39.50  
**Sign up Deadline: Friday, January 16**

**Florida Bee Gees**

Presented at Athens Theatre in DeLand  
Wednesday, March 25, 4 p.m. BUS \$48  
**Sign up Deadline: Friday, January 16**

**Stetson's Choral Union - Festival of Hymns and American Folk Music 250th Celebration**

Presented at Stetson's Lee Chapel  
Sunday, March 29, 1:45 p.m. BUS \$18  
**Sign up Deadline: Friday, February 6**

**All ticket pricing is subject to change**